



**Senior Center**  
Kingsbury Fort Edward

## November 2025 News



Please note the following additions and changes:

NEW: Book Club meets the first Monday  
of each month at 11:00 am

NEW: Chair Pilates with Caitlyn Whiting  
Each Thursday at 1:30 pm

THE SENIOR CENTER WILL BE CLOSED:

NOVEMBER 11 FOR VETERANS DAY

NOVEMBER 27-28 FOR  
THE THANKSGIVING HOLIDAY

### Board of Directors:

President: Debbie Beahan,  
Vice President: Jeanie Mullen  
Secretary: Sandy Wheeler  
Treasurer: Cassandra Allen  
Linda Buerkley  
Dave Cutler  
Cynthia Bardin  
Chris Miles  
Mary Beranek  
Paige Zahaba  
Ruth Fish

Executive Director: John "Max" McDonnell

Tel. 518-747-9352

email: [maxmcdonnell@yahoo.com](mailto:maxmcdonnell@yahoo.com)

Website: [seniorcenterkfe.com](http://seniorcenterkfe.com)

Facebook:

[www.facebook.com/](https://www.facebook.com/seniorcenterkingsburyfortedward)

[seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

Open: Monday through Friday  
8:30 am to 4:00 pm.

**Our Senior Center is funded by the following municipalities and agencies:** Washington County Office for Aging and Disabilities Resources, Tri-County United Way, Village of Hudson Falls, Town of Kingsbury and Town & Village of Fort Edward. The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State, and local funding.



## Senior Living You'll Love at The Glen!

Call (518) 832-7800 to schedule your tour.

**Hartford Vol. Fire Co.  
Auxiliary  
2025 Fall  
Pumpkin Cake Roll Sale**



Pumpkin cake with vanilla buttercream filling. The rolls are sold frozen and are quick to defrost.

Generously serves 12!

**To order call:  
518-479-2396**

**Pick up date: Nov. 8 from 10am-12pm  
At our 8118 Rt. 40 Firehouse  
Cost:\$18**



# Paint & Connect

*For anyone grieving a loss*

**Tuesday, November 4th  
at 1:30 PM**

**The Senior Center of Kingsbury & Fort Edward  
78 Oak St, Hudson Falls, NY 12839**



Join **High Peaks Hospice** at the **Senior Center of Kingsbury & Fort Edward** for a collaborative event.

This guided painting session offers a compassionate space to express emotions, connect with others, and support your bereavement journey.



**Senior Center  
Kingsbury Fort Edward**



**HIGH PEAKS  
HOSPICE**

**\$10  
per person**

**RSVP TODAY**

**Max McDonnell  
(518) 747-9352**

Embrace the brain you have and optimize your wellness, wherever you are in your health journey.

The Center of Excellence for Alzheimer's Disease (CEAD) is a medical program designed to assess individuals who have been referred by their primary care provider.



**ALBANY MED Health System**

**GLENS FALLS HOSPITAL**  
Center of Excellence for  
Alzheimer's Disease

100 Park Street, Pruyn Pavilion, Floor 3  
Glens Falls, NY 12801 | 518-926-2940

[GlensFallsHospital.org/AlzheimersCenter](http://GlensFallsHospital.org/AlzheimersCenter)

This advertisement is supported in part by a grant from the New York State Department of Health.

## BRAIN HEALTH



**ALBANY MED Health System**

**GLENS FALLS HOSPITAL**  
Center of Excellence for  
Alzheimer's Disease



**GIVE.  
ADVOCATE.  
VOLUNTEER.**

**Tri-County  
United Way**

**United  
Way**

[TRICOUNTYUNITEDWAY.ORG](http://TRICOUNTYUNITEDWAY.ORG)

# Dinner Preparations



DISHES  
 GRAVY  
 SQUASH  
 GOBLETS  
 TABLE SETTING  
 NAPKINS  
 CRYSTAL  
 SILVER  
 OYSTERS  
 CLEANUP  
 BLESSING  
 CRANBERRIES  
 ROASTING  
 CARVING  
 GIBLETS  
 CORN  
 LINEN  
 DRESSING  
 GRACE

Play this puzzle online at : <https://thewordsearch.com/puzzle/8799558/>



## New Patients Welcome at All Locations

Comprehensive primary care for patients of all ages at health centers throughout the region.



[HHHN.org](https://www.hhhn.org)

# FITNESS

## STRENGTH & BALANCE CLASS

9:30 am Mondays

Maintain your independence by staying strong and stable!

## CARDIO DRUMMING

Tuesday, 10:00 am

## ZUMBA WITH ANN GIROUX

Tuesdays at 1:30

## YOGA & MEDITATION CLASS

Wednesday – 9:30 am

Instructor Jenny Hunt

Develop body alignment and breath awareness

Regular meditation improves memory, focus, attention and concentration.

## CHAIR PILATES FOR SENIORS

Thursday – 1:30 pm

Instructor Caitlyn Whiting

## OSTEOBUSTERS EXERCISE & EDUCATION RSVP (Retired Senior Volunteer Program)

9:00 am Tuesday & Thursday

The OsteoBusters Exercise and Education Program is a community-based program for older adults.

It helps you to maintain bone density and strength, increase muscle mass, improve posture and balance and reduce the risk of fall-related fractures.

**Marcia McCormack**



## CHAIR PILATES FOR SENIORS

**MOVE**  
WITH CAITLYN

Join us for a gentle, effective, and low-impact chair pilates class designed specifically for seniors! This class focuses on improving strength, posture, balance, and flexibility — all while staying safely seated or using the chair for support.

**Thursdays 1:30-2:30pm - Starts November 6<sup>th</sup>**

We'll use chairs for stability and light dumbbells to help strengthen muscles around the joints, increase bone density, and enhance mobility.

Benefits include:

- Stronger muscles supporting your joints
- Improved posture, balance, and coordination
  - Increased bone strength
- A sharper mind-body connection through mindful movement and breathing

All levels are welcome, no prior experience needed!

Taught by Certified Pilates Instructor, Caitlyn Whiting

## NUTRITION

### LUNCH MONDAY THRU FRIDAY

Washington County Meal Site at  
Kingsbury Fort Edward Senior  
Center.

There is a suggested contribution of  
\$3.00 per meal for individuals 60  
and over. Individuals under 60 will  
be expected to pay \$10 per meal

Sign up is required 24 hrs ahead –  
518-747-9352



### Welcome to Washington County Nutrition Program

An important part of the funding for Washington County's Nutrition Program comes from contributions made by people like you who use our services to help maintain your health, independence, and quality of daily living. In addition to participant contributions, funding for the Nutrition Program is primarily provided by the Federal Older Americans Act, New York State Office for the Aging and Washington County. The actual cost per meal is \$10.00. No one will be denied a meal because of an inability or unwillingness to contribute.



### LUNCH TOUR!

Enjoy a different local restaurant for lunch  
the third Wednesday of each month

### HOLIDAY FREE FOOD RUN

at the Senior Center:  
Wed. Nov. 19 10am  
Wed. Dec. 17 10am



### Stay Healthy with SNAP!

For more information on how SNAP can help you, contact  
Washington County Nutrition Outreach and Education

Catholic Charities of Saratoga, Warren & Washington Counties  
35 Broad Street • Glens Falls, NY 12801  
Office: 518.793.6212 ext. 123 • Mobile: 518.918-9072  
Fax: 518.793.9499



Kelly J. Barlow 518-429-1030, TTY 711





## NOVEMBER CALENDAR



|                        |              |                                                                                                                                              |
|------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Mon. Nov 3             | 11:00 am     | NEW SCKFE Book Club (1st Mon. of the month)                                                                                                  |
| Tues. Nov. 4           | 11:15 am     | Albany Med Health Systems presentation w/Ruth Fish                                                                                           |
| Tues. Nov. 4           | 1:30 pm      | Paint and Connect – see flyer, p. 3                                                                                                          |
| Wed. Nov. 5            | 4 – 7 pm     | ARCC Business Expo at the QB Hotel (table event for SCKFE)                                                                                   |
| Thurs. Nov. 6          | 9 – 11 am    | United Healthcare with Kelly Barlow                                                                                                          |
| Thurs Nov. 6           | 10:30 am     | WISE (Wellness Initiative for Senior Education) Lori Prock and Lindsay Stanislawski - Alzheimer Association – Understanding Substance Misuse |
| Thurs. Nov. 6          | 12:30 pm     | "Just Strumming You Along" Ukulele Orchestra at Moreau Comm Center                                                                           |
| Thurs. Nov. 6          | 1:30-2:30 p. | NEW Chair Pilates for Seniors w/Caitlyn Whiting (see pg. 7 )                                                                                 |
| Mon. Nov. 10           | 11:00 am     | Eddy Health Alert presentation - Andrea McGowen Program Manager                                                                              |
| <b>Tuesday Nov. 11</b> |              | <b>CLOSED FOR VETERANS DAY</b>                                                                                                               |
| Thurs. Nov. 13         | 11:00 am     | Neighbors NY presentation w/ Jen Goodwin Director of Operations                                                                              |
| Thurs. Nov. 13         | 2:00 pm      | Ukulele Orchestra performing at the Oaks - Fort Edward                                                                                       |
| Fri. Nov. 14           | 12:00 noon   | MVP Health Care presentation with Shannon Wilder                                                                                             |
| Mon. Nov. 17           | 12:00 noon   | Centers Health Care "Pie Social Dessert" w/ Kathleen Iwaneczko                                                                               |
| Tues. Nov. 18          | 9–11:00 am   | United Healthcare w/Kelly Barlow                                                                                                             |
| Wed. Nov. 19           | 10:00 am     | Holiday Free Food Run                                                                                                                        |
| Wed. Nov. 19           | 11:30 am     | Lunch Tour - the Auction Barn                                                                                                                |
| Thurs. Nov. 20         |              | Turkey Raffle drawing – You MUST be present to win!                                                                                          |
| Thurs. Nov. 20         | 10:30 am     | CDPHP seminar w/Audrey Choiniere                                                                                                             |
| Mon. Nov. 24           | 9:30 am      | Special Thanksgiving Bingo with PRIZES and GIVEAWAYS!<br>It's National Game & Puzzle Week!                                                   |
| Wed. Nov. 26           | 7:00 pm      | TCUW Celebrate The 518 - Family Night with the Adirondack Thunder                                                                            |
| <b>Nov 27-28</b>       |              | <b>CLOSED FOR THANKSGIVING HOLIDAY</b>                                                                                                       |

*Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.*

### WEEKLY ACTIVITIES

|                |          |                                                               |
|----------------|----------|---------------------------------------------------------------|
| Each Weekday   | Noon     | Washington County Nutrition Program                           |
| First Monday   | 11:00 am | SCKFE Book Club                                               |
| Monday         | 9:30 am  | Strength and Balance Class                                    |
| Mon – Friday   | Daily    | Board games and card games                                    |
| First Monday   | 10:30 am | Shopping                                                      |
| Mon. & Wed.    | 9:30 am  | Bingo                                                         |
| First Tues     | 11:15 am | Coffee with a Cop with Hudson Falls Village Police Department |
| Tuesdays       | 10:00 am | Cardio Drumming                                               |
| Tuesdays       | 1:30 pm  | Zumba with Ann Giroux                                         |
| Tues. & Thurs. | 9:00 am  | OsteoBusters by Marcia McCormack                              |
| Wednesday      | 9:30 am  | Yoga and Meditation Class – Instructor Jenny Hunt             |
| Thursday       | 10:00 am | Ukulele Club/Orchestra                                        |
| Thursday       | 1:30 pm  | Chair Pilates for Seniors w/Caitlyn Whiting                   |
| Third Wed.     | 11:30 am | Lunch Tour                                                    |
| Second Friday  | 10:00 am | Memory Café – Crafts with Tammy Morehouse                     |
| Third Friday   | 10:00 am | Crafts with Elaine                                            |
| Friday         | 10:15 am | Open Pool (See Helen or Nancy for more info)                  |

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352/Website: seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com/Facebook: @seniorcenterkingsburyfortedward